



LifeLine

by Dr. Fred Hui



Medicinal value of food

Conventional western medicine sees food as a fuel, and as building blocks for the body. The nutritional value of food – the "material" aspect – is based on calories, proteins, fat, vitamins, minerals, etc.

In Chinese medicine, food also has an "energy" aspect. Just like some music (e.g. marching music) makes listeners feel energized, so some foods have an energizing component that affects the body.

THE EFFECTS

GINGER: Produces a warming feeling, invigorates a sluggish body, promotes normal peristalsis (contraction of the intestines) thereby counteracting nausea (motion sickness, morning sickness).

ONIONS, CHIVES, GARLIC: These aromatic foods are said to have a 'spreading' quality, which helps prevent platelets from sticking, opens up circulation, and helps clear coughs and colds.

POULTRY: Contains high amounts of protein and iron. Produces a more "warming" effect than plant protein. Iron content is particularly important after hospitalization, childbirth and heavy menstrual periods to replace iron lost through bleeding.

RAW VEGETABLES AND FRUIT: Have a "cooling" and "calming" effect compared to deep fried foods. Good for those suffering from recurrent sore throats and acne.

FOOD FROM THE SEA (e.g. oysters, mussels, sea weed): Has a "moisturizing" effect. Good for symptoms of dryness such as dry mouth or dry skin.